

## Special Issue

# Effect of Nutrition and Physical Activity on Cognitive Function

### Message from the Guest Editor

This Special Issue aims to explore the intricate relationships between dietary habits, physical activity, and cognitive health across the lifespan. Adherence to diets rich in antioxidants and omega-3 fatty acids has been associated with enhanced cognitive reserve and a reduced risk of dementia. Similarly, regular physical activity has been linked to improvements in neuroplasticity and a delay in cognitive aging.

We invite the submission of original research articles, systematic reviews, and meta-analyses that delve into the following topics:

- The effects of specific nutrients and dietary patterns on cognitive performance and brain health.
- The role of physical activity, including aerobic and resistance training, in maintaining or enhancing cognitive function.
- Interactions between nutrition and exercise in the context of cognitive aging and neuroprotection.
- Mechanistic studies elucidating how lifestyle interventions influence neural pathways and cognitive outcomes.

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### Deadline for manuscript submissions

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## Nutrients

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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